

Frontline First Aid
Lesson Plan Example – Comprehensive Presentation

Lesson Planned Hands-Only CPR for Layrescuers

Total Time: 5 minutes

Objectives

1. Give students the opportunity to practice Hands-Only CPR
2. Give students the opportunity to identify situations where they would choose Hands-Only CPR over traditional CPR

Note...students have already been familiarized with and practiced traditional CPR, so the skills are just being modified, not introduced for the first time

Evaluation Criteria

- Each student will be given the opportunity to practice performing Hands-Only CPR and using an AED on a mannequin
- Instructor will observe students performing Hands-Only CPR, making corrections as necessary
- Students will be asked questions regarding circumstances where Hands-Only or Traditional CPR might be more appropriate

Topic	Activity	Time	Resources
Lesson Objectives	Review objectives identified above	30 seconds	Student Manuals
Hands-Only CPR	Instructor explains the difference between Hands-Only and Traditional CPR...emphasizing that Traditional is more effective, but Hands-Only may be a safer alternative and better than nothing	1 minute	Student Manuals
Hands-Only Performance	Each student is assigned an AED trainer and Mannequin...and performs Hands-Only CPR with an AED	2 minutes	AED trainers Mannequins with Shirts
Different Circumstances	Instructor poses potential situations to students...asking whether they would choose to perform Traditional or Hands-Only CPR in each. Emphasize that there are no “right” answers...it is always personal preference. Encourage “on-the-spot” decisions. Situation 1: Your grandchild stops breathing...you do not have a pocket mask	1.5 minutes	List of potential circumstances Continued next page....

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	<p>Situation 2: You find someone not breathing in the park...you don't know them, and they appear to have been sleeping next to a shopping cart. You have a pocket mask with you in your backpack.</p> <p>Situation 3: Someone collapses in front of you and stops breathing, while you are in line at the bank...you do not have a pocket mask, gloves or a barrier device with you</p> <p>Situation 4: Your best friend is pulled out the water at a beach...and is not breathing. There is blood and vomit around their mouth. You do not have gloves or a barrier device.</p>		
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